

MONTHLY: WHEN WILL YOU EXERCISE?

Goal: _____

Reward: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Total MIN Cardio:	Total DAYS Strength/Flexibility
							___ MIN	___ DAYS
							___ MIN	___ DAYS
							___ MIN	___ DAYS
							___ MIN	___ DAYS
							___ MIN	___ DAYS
							___ MIN	___ DAYS

CARDIOVASCULAR TRAINING LABELS - INCLUDE YOUR MINUTES:
V = Vigorous Cardio (No more than 75 minutes per week)
M = Moderate Cardio
 Aim for 150 minutes per week, which includes vigorous Training
I = Interval Training
 (Counts as Strength & Cardio Training)

STRENGTH & FLEXIBILITY TRAINING - INCLUDE YOUR DAYS
F = Flexibility Training
S = Strength Training
 (48 hours rest b/w days)

Total Min Cardio
 Total Days Strength & Flexibility

TRY TO REACH 150 MINUTES OF CARDIO & 2-3 DAYS OF STRENGTH & FLEXIBILITY TRAINING A WEEK!

WEEKLY: WHAT TYPE OF EXERCISE WILL YOU DO?

Cardiovascular	Flexibility	Strength	Interval
Moderate: 150 MIN Vigorous: 75 MIN	2 Days Per Week Target Each Muscle Group	2 Days Per Week Target Each Muscle Group	Add 30S – 45S of Cardio Between Each Strength Training Exercise

VISIT: www.well.wvu.edu/movewell

For moveWELL information, sample workout plans, and exercise how-to guides